

Article Title: Effectiveness of Resistance Training and Associated Program Characteristics in Patients at Risk for Type 2 Diabetes: a Systematic Review and Meta-Analysis.

Journal name: Sports Medicine

Authors: Raza Qadir¹(corresponding author), Nicholas F. Sculthorpe², PhD, Taylor Todd³, Elise C. Brown³, PhD

1. Oakland University William Beaumont School of Medicine

586 Pioneer Dr,

Rochester, MI 48309, USA

Email: razaqadir@oakland.edu

2. University of the West of Scotland

Lanarkshire, United Kingdom

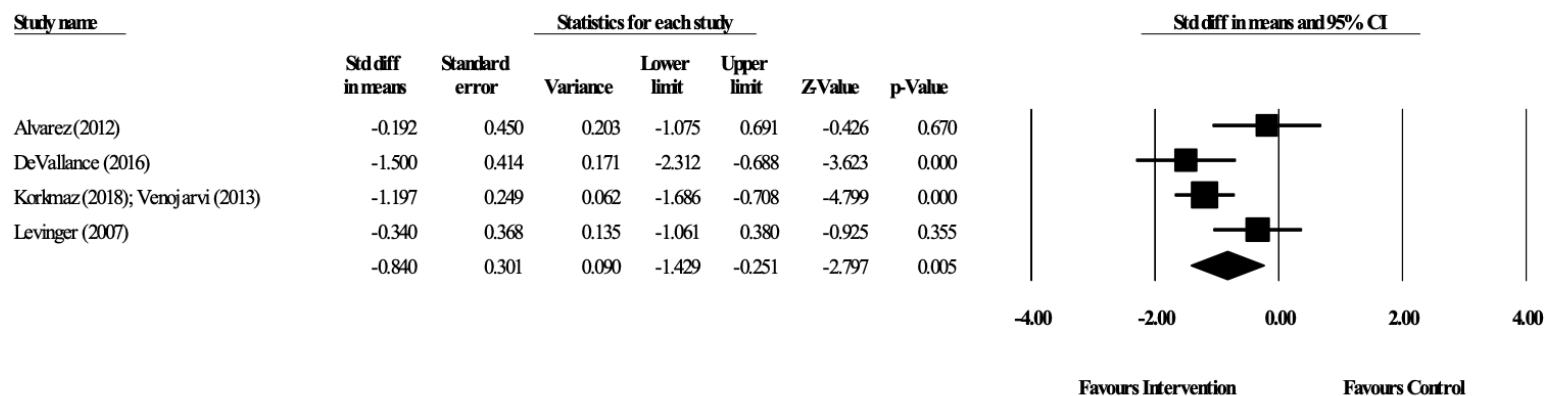
3. School of Health Sciences

Oakland University

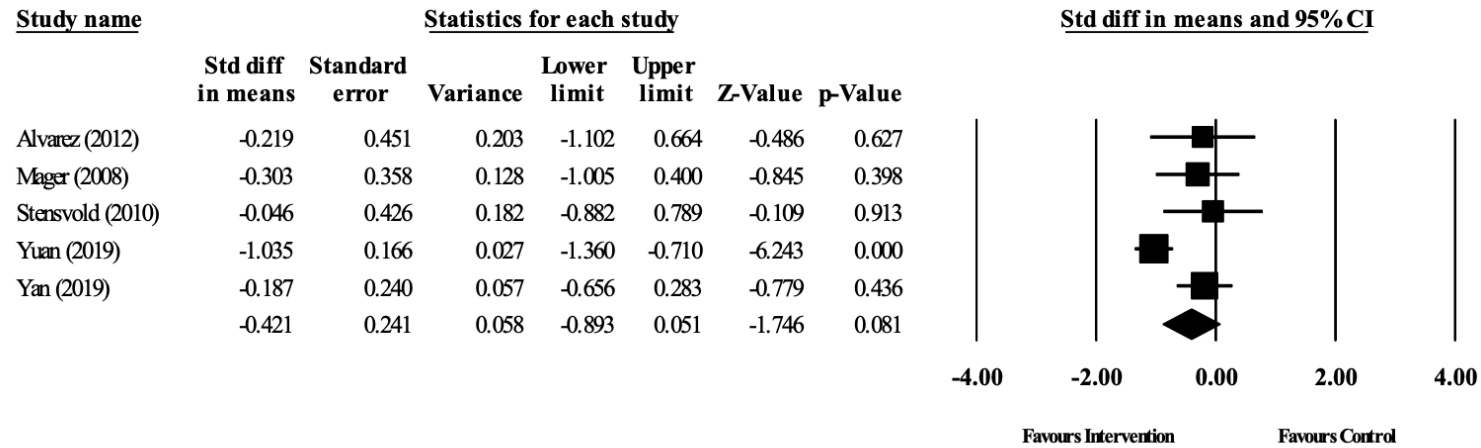
Rochester, MI 48309, USA

Electronic Supplementary File 3 Forest plots for outcome variables. Black filled squares represent the mean and 95% confidence interval for individual studies. Filled diamond represents mean and 95% confidence interval for all pooled results

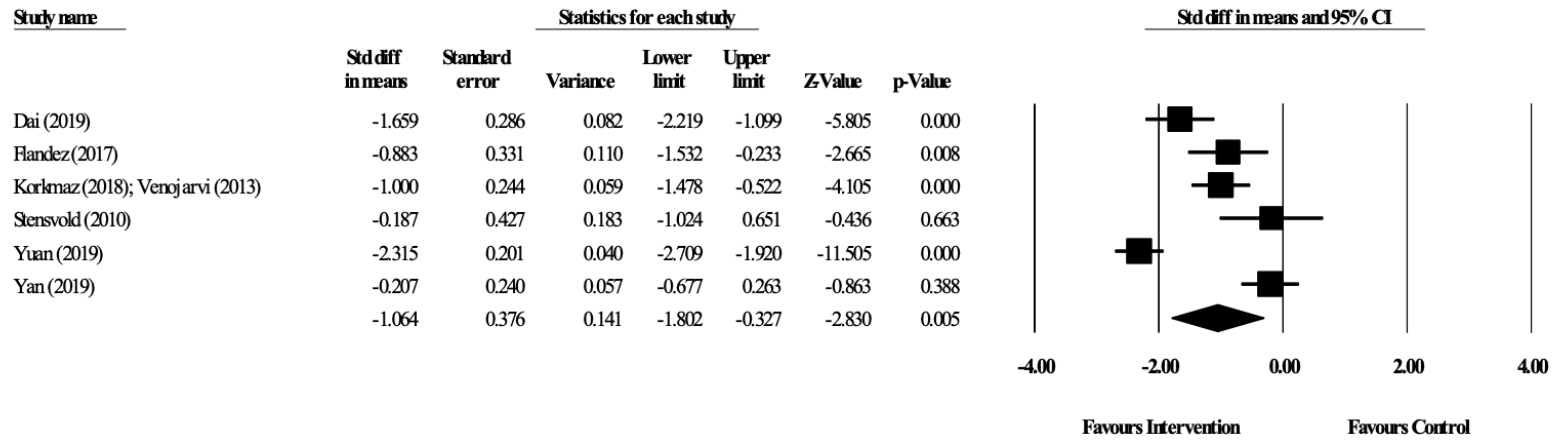
Percentage Body Fat Changes



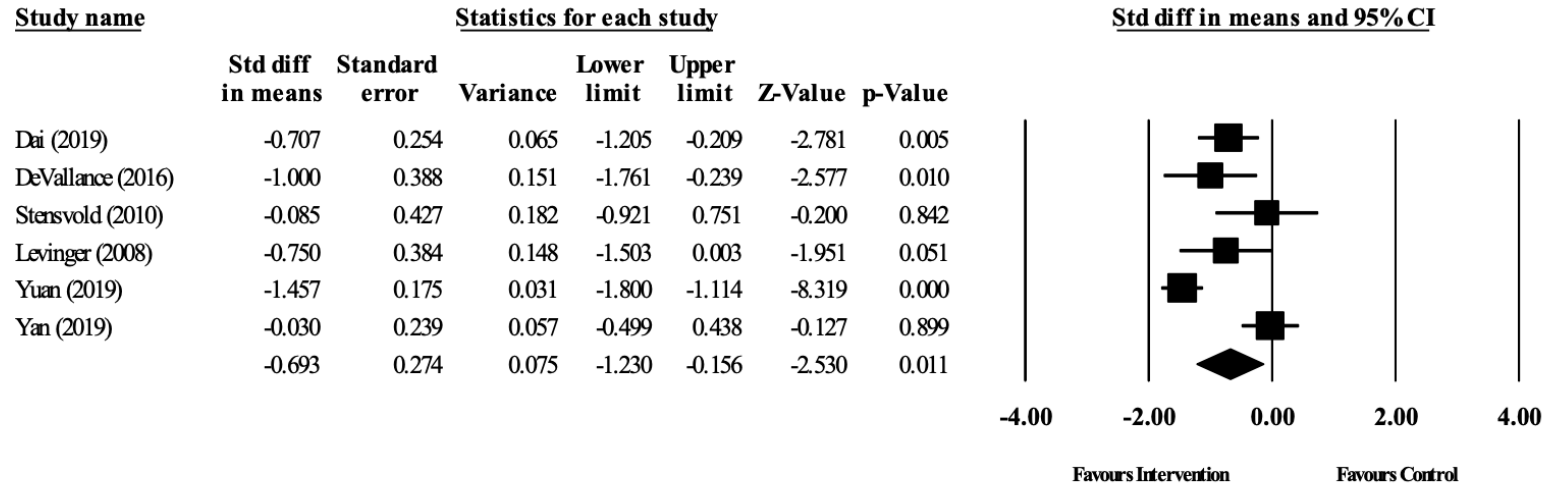
BMI Changes



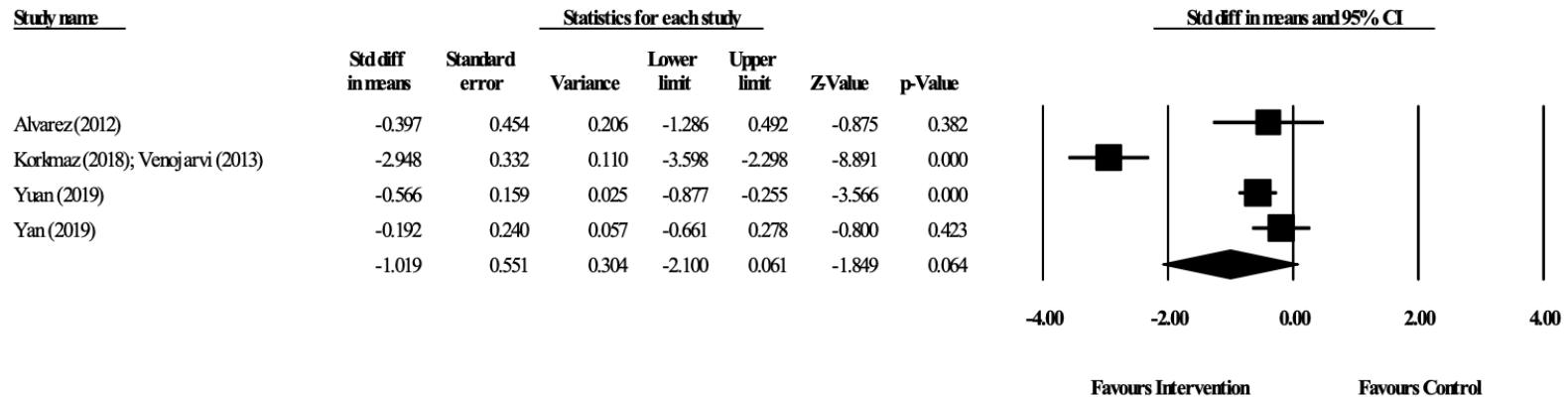
HbA1c Changes



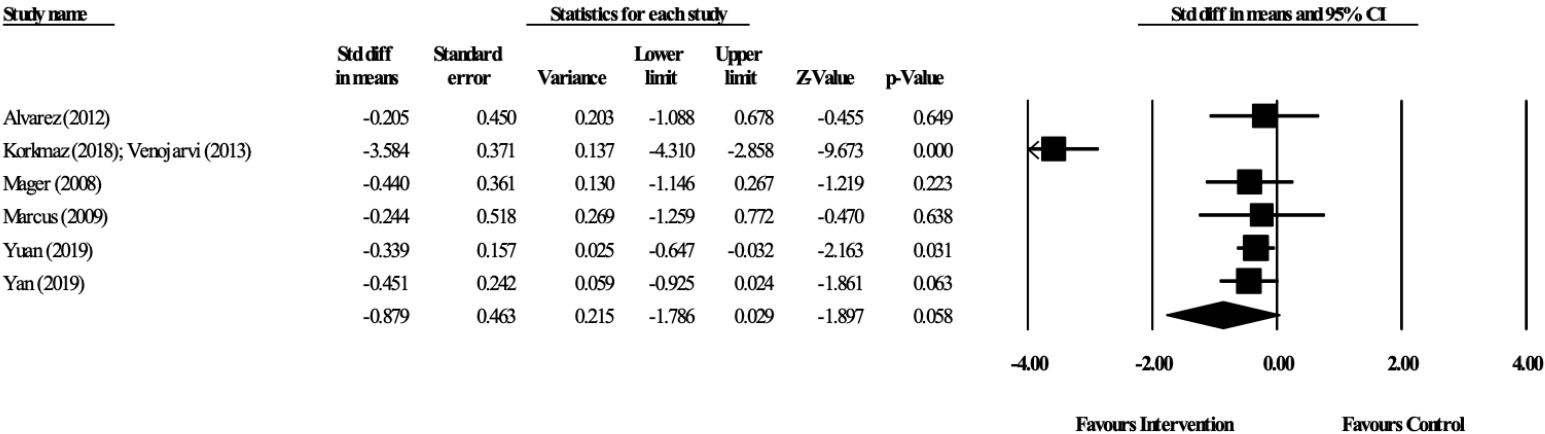
HDL Changes



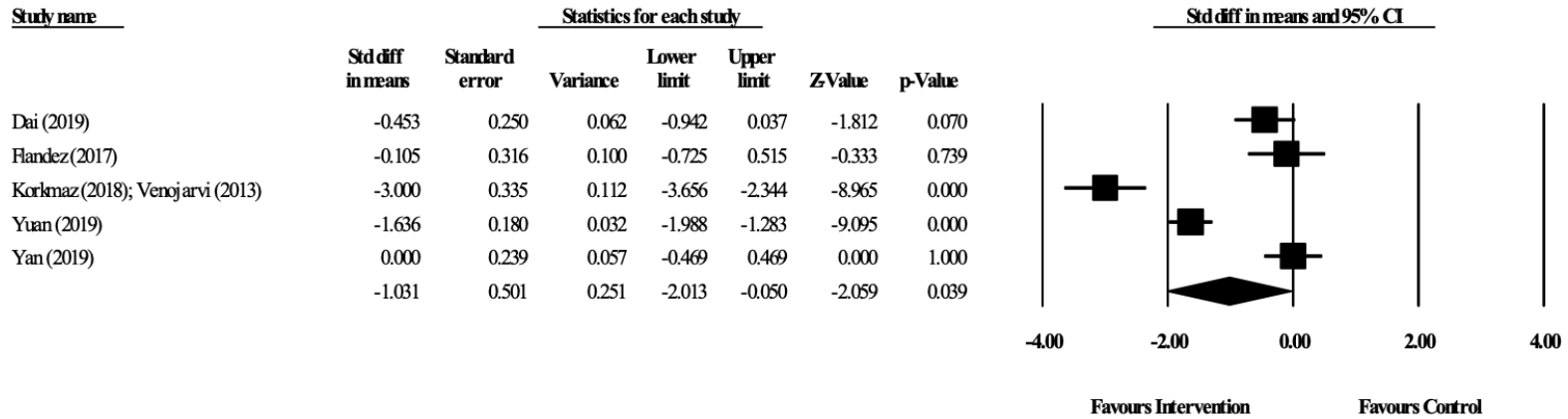
HOMA IR Changes



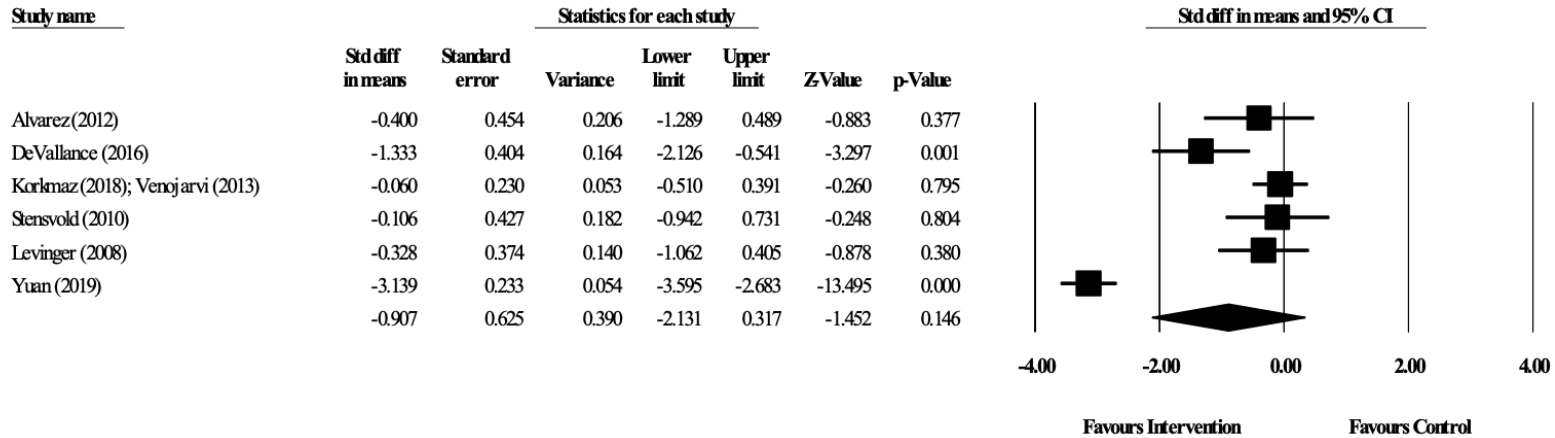
Plasma Insulin Changes



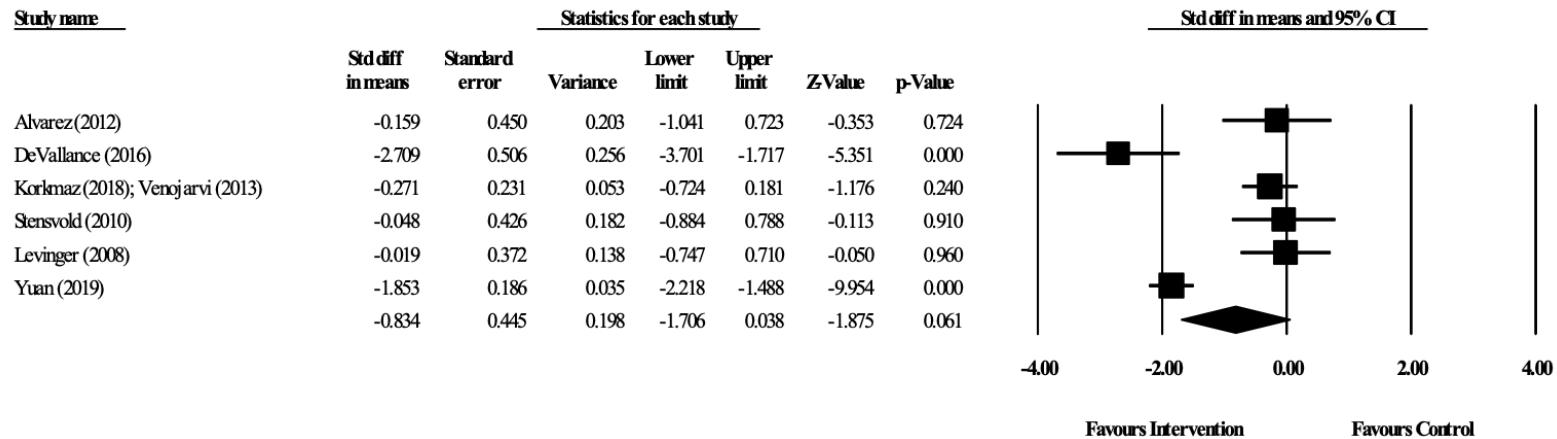
LDL Changes



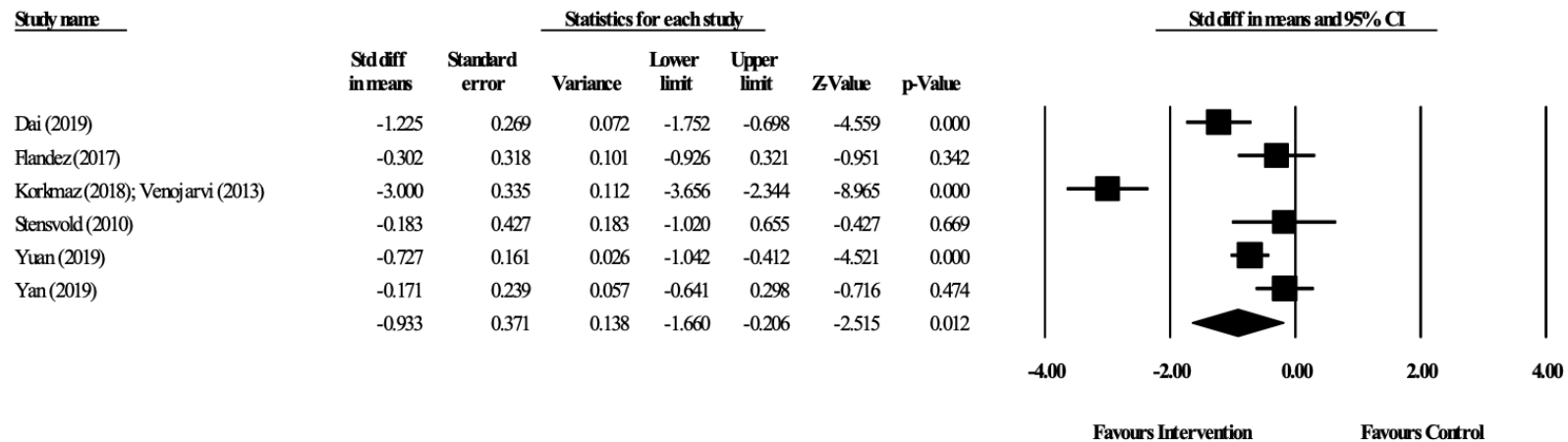
SBP Changes



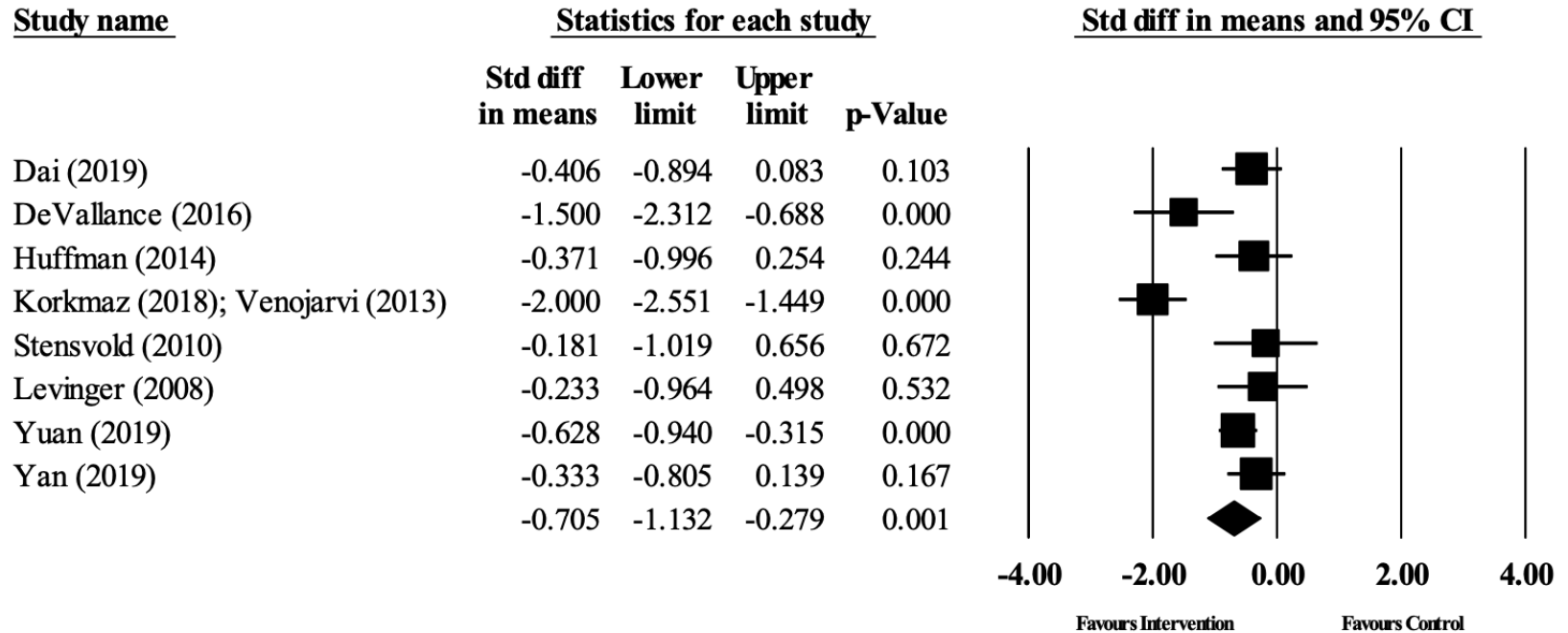
DBP Changes



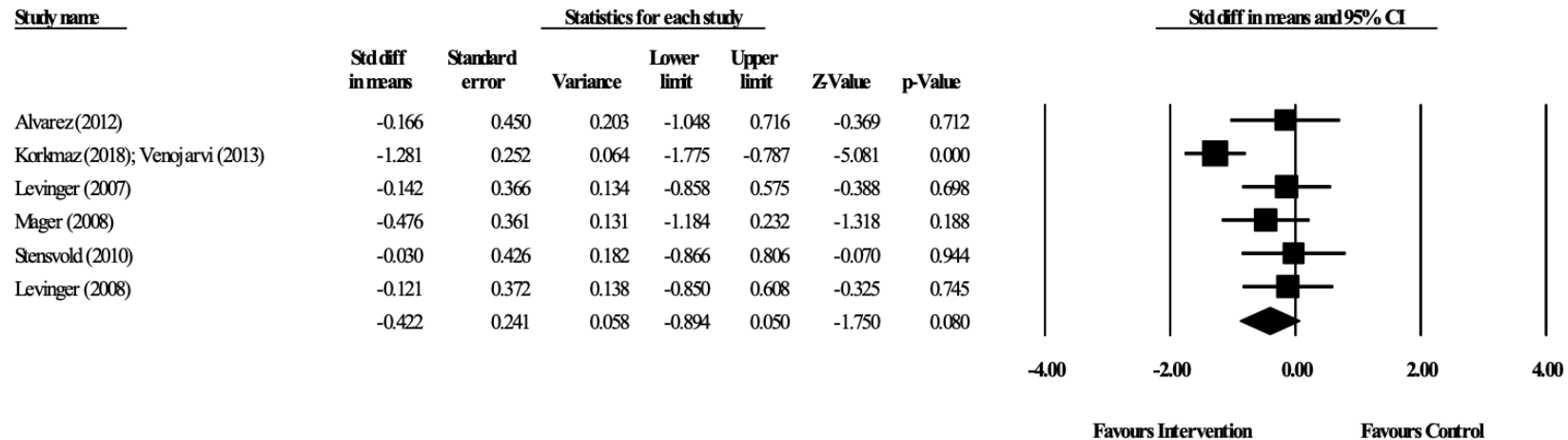
Total Cholesterol Changes



Triglyceride Changes



Waist Circumference Changes



Declarations

Ethics approval and consent to participate Not applicable

Consent for publication Not applicable

Funding This study was supported through the Oakland University School of Health Sciences grant.

Competing interests Raza Qadir, Nicholas F. Sculthorpe, Taylor Todd, and Elise C. Brown declare that they have no competing interests.

Availability of data and material Data supporting the findings of this study are available from the corresponding author on request.

Author Contributions ECB and RQ designed the research and conducted the searches and screening. RQ and TT extracted the data, which were verified by ECB. NFS performed the statistical analyses. RQ wrote the manuscript with critical input from ECB and NFS.

Acknowledgements Not applicable.